

Food Preparation:  
Breakfast Items and  
Title: Sandwiches Subject/Course: Pro Start Year One  
Selection,  
Preparation, Store,  
and Serve Breakfast  
Topic: Foods. Grade (s): 9-12 Designer (s) Ilene Lerseth, Kathy Engst, Joline Dunbar, Cindy Gerlach, and Dean Allerdings

### Stage 1: Desired Results

#### Core Standard(s):

1PS 8.1 Demonstrate the ability to select, store, prepare and serve aesthetically pleasing breakfast items such as quick breads, eggs, and sandwiches.

#### Understandings: Students will understand that....

Selection, storage, preparation, and serving of food all contribute to the quality of the end product.

#### Essential Question(s):

What are the different ways eggs can be used in food preparation?

What types of skills might be needed to prepare sandwiches?

What are the important considerations when selecting and preparing dairy products?

#### Students will know....

the characteristics of eggs and include size and grade.

how to keep milk products safe and sanitary.

different types of sandwiches, including simple hot, open-faced, hors d'oeuvres, grilled, deep-fried and simple cold.

#### Student will be able to .....

prepare eggs and dairy products using a variety of Methods.

prepare several types of sandwiches.

prepare a variety of breakfast foods including quick breads, beverages, and breakfast meats.

### Stage2: Assessment Evidence

#### What evidence will show that students understand?

x Performance Task	Project	x Quizzes
x Tests	x Informal Observation	x Discussions
Interviews	x Self-Assessment	Other Demonstrations

### Stage 3: Learning Plan

#### Motivation – Introduce and Explain

- 1 Show a chefs hat (toque) and have the students come up with a way to use and egg.  
Or  
Put the students in small groups and see who can come up with the most ways to prepare and or use an egg.

Possible trivia egg link: [http://www.aeb.org/kidsandfamily/table\\_of\\_contents.htm](http://www.aeb.org/kidsandfamily/table_of_contents.htm)  
Americaneggboard/middle/highschool

#### Model:

- 3 Field Trip to dairy, cheese, or poultry business.
- 2 Lecture on subject matter. Use the links below for support.  
Video Clip on how to separate and egg. <http://lifelhacker.com/399808/how-to-separate-an-egg>  
[http://www.walnuthillcollege.com/Instructors/documents/Lesson4part2EggsandBreakfastCookery\\_DK\\_apr09.pdf](http://www.walnuthillcollege.com/Instructors/documents/Lesson4part2EggsandBreakfastCookery_DK_apr09.pdf)  
[http://www.cfs.purdue.edu/Class/F&N202/pdf\\_full/Eggs.pdf](http://www.cfs.purdue.edu/Class/F&N202/pdf_full/Eggs.pdf)  
[http://www.lrcpasadena.com/class\\_resources/culinary/Garde\\_Manger/PowerPoints/Sandwich%20-%20Tea.pdf](http://www.lrcpasadena.com/class_resources/culinary/Garde_Manger/PowerPoints/Sandwich%20-%20Tea.pdf)

#### Guided Practice:

- 5 Scavenger hunt on a grocery store web site to identify all available in each category.  
Milk, cheese, eggs, and breakfast meats. Additional categories can be added.

#### Independently Practice:

- 4 Internet activity: Students search for an example or two of each type of sandwich recipe.  
(Simple hot, open-faced, hors d'oeuvres, grilled, deep-fried and simple cold.) They then select one of the recipes to prepare in a lab.

#### Reflection/Assessment:

- 6 Quick Bread Lab
- 7 Sandwich Lab
- 8 Egg cookery lab
- 9 Quiz

### Classroom Implementation Suggestions

#### Unit of Instruction and Resources

(Steps of instruction to gain big understandings and answer essential questions)

1 Motivation activity on how many ways to use an egg.

2 Lecture on subject matter. Use the links below for support.

Video Clip on how to separate and egg. <http://lifehacker.com/399808/how-to-separate-an-egg>  
[http://www.walnuthillcollege.com/Instructors/documents/Lesson4part2EggsandBreakfastCookery\\_DK\\_apr09.pdf](http://www.walnuthillcollege.com/Instructors/documents/Lesson4part2EggsandBreakfastCookery_DK_apr09.pdf)  
[http://www.cfs.purdue.edu/Class/F&N202/pdf\\_full/Eggs.pdf](http://www.cfs.purdue.edu/Class/F&N202/pdf_full/Eggs.pdf)  
[http://www.lrcpasadena.com/class\\_resources/culinary/Garde\\_Manger/PowerPoints/Sandwich%20-%20Tea.pdf](http://www.lrcpasadena.com/class_resources/culinary/Garde_Manger/PowerPoints/Sandwich%20-%20Tea.pdf)

3 Field Trip to dairy, cheese, or poultry business.

4 Internet activity: Students search for an example or two of each type of sandwich recipe. (Simple hot, open-faced, hors d'oeuvres, grilled, deep-fried and simple cold.) They then select one of the recipes to prepare in a lab.

5 Scavenger hunt on a grocery store web site to identify all available in each category. Milk, cheese, eggs, and breakfast meats. Additional categories can be added.

6 Quick Bread Lab

7 Sandwich Lab

8 Egg cookery lab

9 Quiz



This can also be used as a motivation or attention grabber.